

**MOBILITY:
SEE MOBILITY
MODULE MAP
(FRONT)**

EXERCISE

REPS/TIME

MAP

TRX Forward Lunge with Hip Flexor Stretch

5 reps each leg

A1

TRX Wall Slides (Stand Facing)

5 reps together/
5 reps each arm

A2

TRX Hip Hinge (Wide Stance)

5 reps

B1

TRX Long Torso Stretch

3 reps each side

B2

TRX Half Kneeling Roll Out

5 reps each side

C1

TRX Cossack Stretch

6 reps alternating

C2

TRX Split Fly

8 reps alternating

D1

STRENGTH: SEE PHASE I MAP

1

Round

TRX Squat Row

45 sec

K5

TRX Chest Press

45 sec

H5

TRX Plank

4 x 10 sec

D2

TRX Hip Abduction

45 sec

C1



Rest

1-2 min

2

Round

TRX Squat

45 sec

H6

TRX Row Series (L, M, H)

45 sec

G7

TRX Triceps Press

45 sec

M5

TRX Side Plank

3 x 10 sec each side

E1



Rest

1-2 min

3

Round

TRX Biceps Curl

45 sec

N6

TRX Hamstring Curl

45 sec

D1

TRX Spiderman Push-up

8 reps each leg

E3



Rest

1-2 min

AC

AC1 - 300 yd shuttle run

Rest 3-4 min
Repeat run
Record results

Week 1: Day 1

M

1

2

3

AC

WORKOUT DURATION: 40 MIN

LEVEL:



Trx 12 Week Military Conditioning Guide

Thomas Griffiths



Trx 12 Week Military Conditioning Guide:

The Total Fitness Manual Gold's Gym,2017-01-03 Transform your body in just 12 weeks Take the challenge Cover

Men's Health Natural Bodybuilding Bible Tyler English,2013-06-04 A natural bodybuilder reference demonstrates how to promote muscle growth and definition without steroids counseling today s young athletes on how to take healthier approaches to bodybuilding through clean nutritional and fitness practices Original 50 000 first printing **Recreation Management** ,1962 **The Volleyball Coaching Bible, Volume II** American Volleyball Coaches Association (AVCA),Reynaud, Cecile,2015-05-01 Learn how to establish a successful high school college or beach volleyball program In this resource 20 successful volleyball coaches share how to set expectations build a positive and winning culture recruit and run camps Endorsed by the AVCA the book includes drills used by top coaches for each position developing a scouting report as well as in game strategies for match situations *The Volleyball Coaching Bible, Volume II* American Volleyball Coaches Association,Cecile Reynaud,2015-06-01 Building on the success of the first volume of The Volleyball Coaching Bible the American Volleyball Coaches Association AVCA brings you The Volleyball Coaching Bible Volume II Featuring contributions from 20 of the top volleyball minds in the game today this resource will help you build your program shape and improve your team and sharpen your coaching skills in key areas such as these Building and managing your program Developing players skills by position Establishing and implementing match strategy Training and conditioning athletes Offensive tactics Scouting and analyzing opponents Evaluating statistics and using them to your advantage Planning practices The Volleyball Coaching Bible Volume II presents the drills top coaches use for developing players at each position and offers insights on in game strategies for various match situations including strategic serving defensive schemes and on the go decision making In addition to on court Xs and Os you ll learn what it takes to establish a successful high school college and beach volleyball program Setting program expectations and tactics building a positive and winning culture recruiting the right way and running camps are all keys to sustained program success shared in The Volleyball Coaching Bible Volume II Endorsed by the AVCA and edited by volleyball coaching legend Cecile Reynaud The Volleyball Coaching Bible Volume II covers the entire court in describing and coaching the nuances of the game and shaping a successful program It s a practical and motivational resource that you ll refer to season after season in your coaching career **Maximum Aerobic Power** James Breese,2020-02-01 Maximum Aerobic Power is a program for everyday athletes over thirty who want to build a powerful aerobic engine and forge a heart of elastic steel without sacrificing any strength speed or power Enjoy a refreshingly alternative approach to cardiovascular fitness that will help you Go faster for longer Get stronger and more resilient to injury Lose excess body fat and keep it off Reduce stress preserve health and avoid burnout Fall in love with cardio training and have more fun Inside you will find the actual plan we created after running thousands of tests and identifying what works It will give you all the processes resources and methods that we use to build powerful and successful aerobic training plans By

the end of Maximum Aerobic Power you ll understand the what why and how of crafting the perfect aerobic training plan Moreover you ll leave with a 12 month blueprint that you can follow for lasting results **Black Belt** ,2003-03 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world Tactical Fitness Stewart Smith,2015-04-14 Achieve the same gold standard of fitness upheld by Special Ops with this unique strength and conditioning program created by a former Navy SEAL A year long day by day essential training and workout plan for the heroes of tomorrow police officers firefighters soldiers and others whose lifesaving jobs demand them to be in optimum physical condition Over the past decade Special Ops fitness has morphed into a new fitness genre along with military police and firefighter fitness called tactical fitness Developed by a former Navy SEAL and built upon Special Ops fitness techniques Tactical Fitness is designed to train you to perform to the rigorous physical training standards at the same level of excellence required of these Heroes of Tomorrow At the core of this program is the Tactical Fitness Test which measures 12 standards for your physical capacity including cardiovascular conditioning strength muscle coordination and stamina Tactical fitness means having the skills needed to save lives and extend the limits of your endurance whether you are in the military police firefighting professions or just an everyday hero Designed for both men and women Tactical Fitness presents a series of scaled workout plans programs based in calisthenics cardio and swimming supplemented with weights full body exercises and functional athletic movements Unique skills presented also include rope climbing grip strength carries wall climbs and much more With Tactical Fitness you will Reach your absolute physical peak with the same workout techniques used by Special Forces military firefighters and police Follow a rigorous fitness curriculum designed to help you exceed the limits of your strength speed and endurance Benefit from all the teaching expertise of former Navy SEAL Stew Smith Be ready for whatever life throws at you Tactical Fitness sets a standard of excellence that does more than meet the minimum requirement it allows you to reach your full physical potential **QST.** ,1968 **Parents' Magazine & Better Homemaking** ,1960 Billboard ,1949-04-30 In its 114th year Billboard remains the world s premier weekly music publication and a diverse digital events brand content and data licensing platform Billboard publishes the most trusted charts and offers unrivaled reporting about the latest music video gaming media digital and mobile entertainment issues and trends **CQ** ,2001 **The Voice of Organized Agriculture** ,1989 **Chemical Engineering Progress** ,1984 The Compu-mark Directory of U.S. Trademarks ,1987 Thomas Register of American Manufacturers and Thomas Register Catalog File ,1997 Vols for 1970 71 includes manufacturers catalogs 12 Week Special Forces Cross Training Program Peter North,2013-11-06 This book explains exactly why you should be using be using Cross Training I m not ex military but it will show you why you can reach a

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must have for anyone seeking to maximize their workout and their results *The Special Ops Workout* Mike Mejia, CSCS, Stewart Smith, LT, USN, 2014-02-04 Train like a Special Ops warrior and get in the best shape of your life with this insider's fitness guide to the most effective military workouts in the world Elite Special Operations teams like the Army Special Forces Army Rangers Navy SEALs Air Force Special Ops represent the best of the best in the military These teams of specially trained warriors perform the most difficult politically sensitive and dangerous missions known to the United States military The Special Ops Workout gives an inside look at the intense physical preparation required to become part of one of these elite teams from conditioning workouts and nutritional information to training and selection guidelines Nationally known fitness expert Mike Mejia and former US Navy SEAL and fitness author Stewart Smith teamed up to give an insider's look into some of the toughest military training in the world By focusing on the strength and endurance conditioning essential to success in Special Operations teams these experts show how to use real Special Ops workouts to get in the best physical shape of your life Whether your goal is to make it into the Special Forces or just bring extra intensity into your regular workout routine The Special Ops Workout is a resource that will add a powerful boost to any fitness regimen It features A specially formulated 12 week total body conditioning workout The Army Ranger and Green Beret 6 week workout The Air Force PJ CCT 6 week workout The Navy SEAL 6 week workout The ultimate in high powered nutrition info An insider's view of Special Ops training with our exclusive Real Deal insider tips **TRX Suspension Training** Afiz H

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